

Sleep Disorder (Lower Chambers Creek)

Rating: 3-C2 III ****

Time: 6-8 hours

Season: Low: June-Aug Norm: July–Sept High: Aug–Sept

Number of Raps: 8

Longest Rap: ~195ft

Gear: 2x 200ft rope, 150ft webbing, 8 rapides, wetsuit, neoprene gloves, technical canyoneering gear

Rubber: At least 3mm/2mm. 4mm/3mm or more recommended under most conditions

Hazards: Raps in waterfalls, numerous downclimbs, natural anchors. A solid understanding of swift water canyoneering technique and basic natural anchor skills are required.

Vehicle: Any 2WD

Car Shuttle: None needed

Approach: ~2.5 miles and +1800 vertical feet

Exit: ~1/4 mile road walk

Good Eats: Pangaea Café in Quincy!!

Camping: There is a campsite at the exit. There are also many campgrounds and dispersed camping options in the area.

Introduction:

Sleep Disorder is a lush, steep, granite technical canyon that drops into the Feather River. The canyon gets its charm from exciting rappels, numerous downclimbing obstacles and lovely northern Sierra scenery. The flow through Sleep Disorder is entirely natural and will fluctuate with the progress of the snowmelt in the high country above the canyon.

Timing your descent so that peak snowmelt is well past but so there is still enough flow in the canyon to keep things interesting is the name of the game. In most years going too early will be a bigger issue than too late as good canyoneering flow levels can be expected until at least late August.

Even though Sleep Disorder lacks very advanced canyoneering obstacles, it does contain significant water flow and many downclimbing obstacles. As such, it is not recommended for raw beginners without advanced leadership. This canyon is not the place to have your first canyon experience! Many of the rappels are in waterfalls, the rock is slippery and many of the downclimbs will pay out significant penalty points if they are botched.

Driving Directions:

The Sleep Disorder trailhead can be reached by any vehicle under almost all conditions. All driving is on paved roads.

From the city of Oroville, take Hwy 70 northeast for about 42.5 miles. Look for a dirt parking area on the north (left) side of the highway opposite a small school and closed campground. The parking area is about ¼ mile before the bridge over Chambers Creek. If you reach this bridge you have gone to far. At the rear of the parking area there is an old dirt road marked with a small sign that reads "Chambers Creek Trail."

Approach:

Follow the dirt road uphill a short distance and look for the place where the Chambers Creek Trail branches to the right from the road. This junction is marked with a sign. Follow the trail to the right and over Granite Creek where you might get your feet wet. From here it is about 2.5 miles and 1800 feet of climbing on the somewhat overgrown Chambers Creek Trail to the bridge over Chambers Creek. From Granite Creek to the Bridge over Chambers Creek there is no water and it will be hot during the summer months so bring at least 1.5 liters per person and a way to purify more. BEWARE of poison oak along the trail, it is everywhere!

Canyon:

The bridge over Chambers Creek is the place to wiggle into your wetsuit, harness etc. Look down canyon from the bridge at the first falls in Sleep Disorder and judge the flow. Ask yourself, "Can I handle the flow level?" and "Are conditions right today?" Once you enter the canyon escape will be very difficult. REMEMBER, the canyon will be there another day, do not attempt a descent if you feel conditions are marginal or if you feel what you have seen so far will be at or above the limits of your ability.

A very short scramble upstream will reward you with a nice view of upper Chambers Creek Falls and provide an opportunity to cool off after the approach hike.

Once you are geared up and are ready for show time, cross the bridge over Chambers Creek and continue about 30ft down the trail. Here, scramble down to the watercourse. Entering this way will allow you to bypass the first falls in Sleep Disorder, which in 2007 contained a dangerous siphon.

When you reach the watercourse you can scramble back upstream to check out the first falls if you wish.



SIERRA CANYONS

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The falls drop into a twisting corridor. Once you are ready, scramble down canyon about 50 yards and get ready for some hot canyon action.

Rap 1: 160 feet from a slung tree on the LEFT (LDC). This is a cascading drop.

Rap 2: 195 feet from a tree on the RIGHT (LDC). This is a 2-tiered drop.

Walk a short distance down the sloped canyon bottom. Be very careful not to slip here.

Rap 3: 60 feet from a tree on the LEFT (LDC). This is a single drop with a pool at the bottom. Set rope length or be prepared for a floating disconnect.

Scramble down canyon, downclimb a couple of drops that lead to pools that lead to drops.

Rap 4: 150 feet from a tree on the RIGHT (LDC). This is a 2-tiered drop. The first part of this rap is into a large hanging pool. Swim the pool and continue the rap into the next pool. Set rope length or be prepared for a floating disconnect.

Scramble down canyon about 300 feet, downclimb, slide, swim, you know the drill.

Rap 5: 50 feet from a small boulder on the LEFT (LDC). This is a partially free rap with an awkward start. Set rope length or be prepared for a floating disconnect.

Scramble, downclimb, swim, down canyon about 900 feet. You'll go far enough to make you start thinking the action is over, but it isn't! When you reach the point where the canyon funnels down into what appears to be a large slot waterfall climb up about 20 feet on the RIGHT (LDC) and traverse down canyon. You are headed for a dead tree perched above the slot falls. Some will want a belay for the climb.

Rap 6: 20 feet from the dead tree on the RIGHT (LDC) to a second ledge with a large living tree.

Rap 7: 80 feet from the large living tree on the RIGHT (LDC). This is a single drop to the pool at the bottom

of the slot falls. Set rope length or be prepared for a floating disconnect.

(NOTE: When we viewed the slot falls from the bottom it appeared that it would be possible to rap directly down the slot falls by placing 2 bolts on the LEFT (LDC) above the falls. This should only be attempted by a very experienced team with proper stainless steel hardware and an understanding of proper bolt placement. If you do this, please contact Sierra Canyons so we can update the route description).

Downclimb, scramble and swim down canyon about 900 feet.

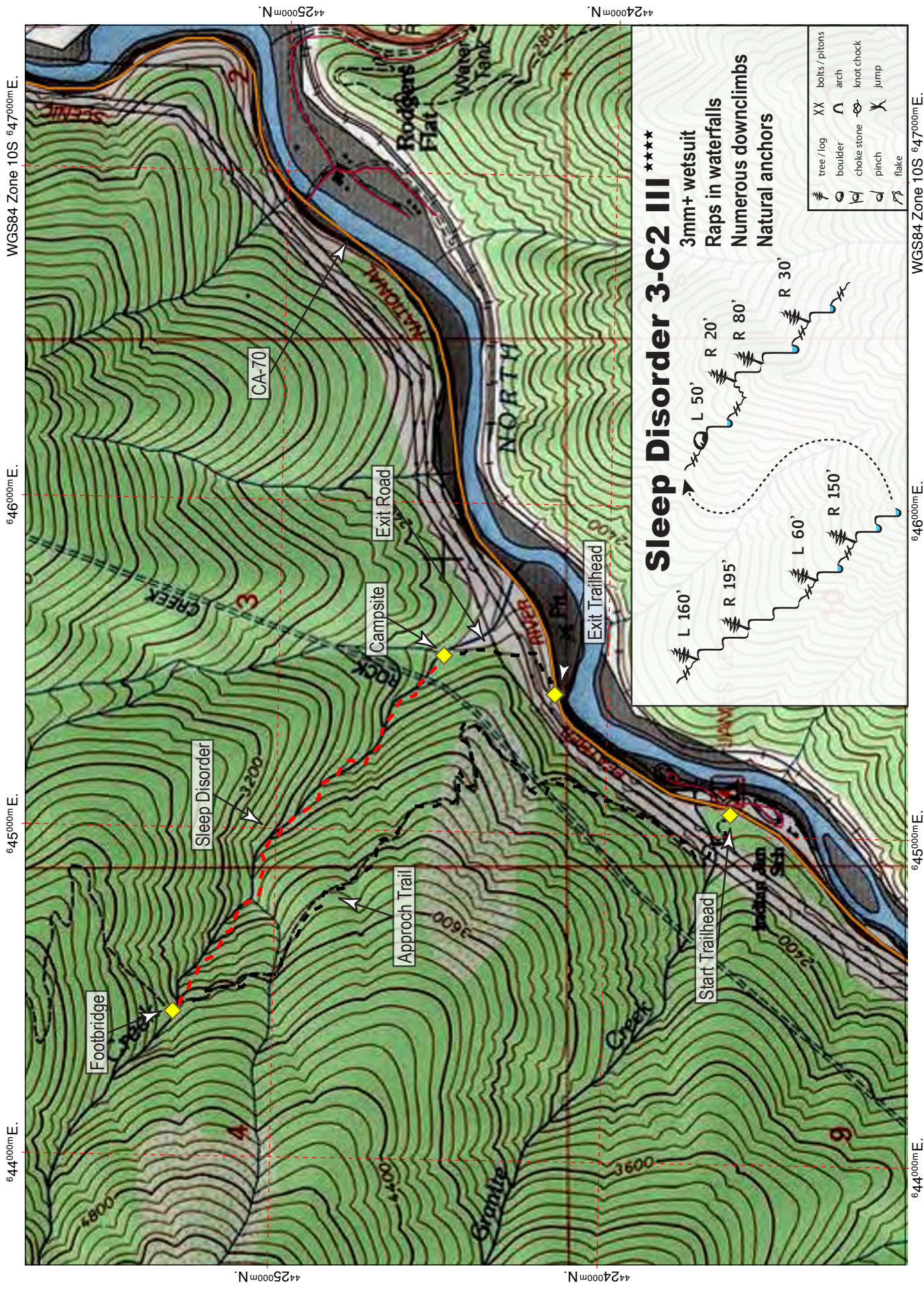
Rap 8: 30 feet from a tree on the RIGHT (LDC). This is a single drop into a pool. Set rope length or be prepared for a floating disconnect.

Exit:

Downclimb, swim and scramble down canyon overcoming some interesting downclimbing problems and covering a fairly long distance. After passing a slide falls that drops into a beautiful swimming pool and then another falls and pool that are bypassed on the LEFT (LDC), start to look for a very faint trail on the RIGHT (LDC) that leads through trees and into a campsite at the end of a short 4WD road. If you are camped here, you're home! If not follow the road out to the Highway. At the highway turn RIGHT and road walk about ¼ mile to the trailhead and your car.

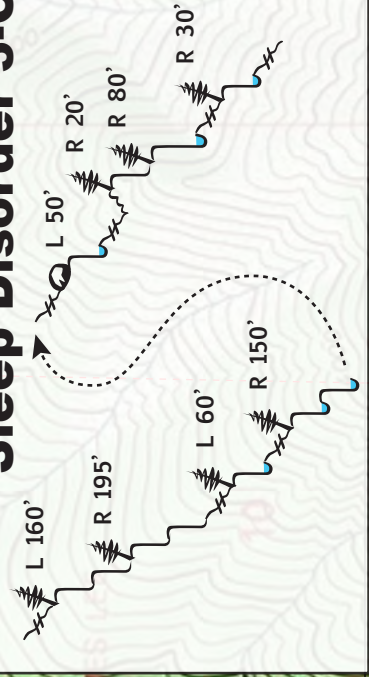
Non-Technical:

Sleep Disorder can be explored from the bottom by non-technical hikers. There are a couple of very nice swimming holes that can be visited. From the back of the campsite at the exit of Sleep Disorder pick up the very faint trail that leads through the trees and up canyon. When the trail dumps you out into the watercourse scramble upstream. At the first pool deep enough to swim in you can climb up a dirt slope on the RIGHT (LUC) to a notch with a tree in it to continue up canyon. Soon you will reach a beautiful swimming pool with a slide falls dropping into it. This is a great stopping point. However, hikers with good scrambling skills can work their way farther up canyon to the bottom of the last rap in sleep disorder where there is another great swimming pool.



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3mm+ wetsuit
Raps in waterfalls
Numerous downclimbs
Natural anchors



tree / log	XX	bolts / pitons
boulder	△	arch
choke stone	⊗	knot chock
pinch	⌵	jump
flake	⌵	

WGS84 Zone 10S 647000m E.
TN / MN
15°
02/26/08

